



Kids Get Help Learning to Live with Burn Injuries

By Betsy Judge

Photos courtesy of CBFF

"I looked in their direction as we passed to say hello, among them was a girl who had been burned with heavy scars on her young teenage face. I smiled and said hello but when her eyes met mine ... instinctively I looked away. "Why ...?" I asked myself silently. "I don't want her to feel like I'm staring at her" I answered. Working through it in my head I realized; these kids want to be seen! They want to be seen as who they are—just ordinary kids. Ordinary kids who happen to have been burned. ... If it couldn't be forever, just these four merciful days before they return to their daily lives and the certain cruelty they must endure."

So reads a first-hand account by Jeffrey Camden, on the website of the Children's Burn Foundation of Florida Inc. (CBFF), after his initial experience as a burn camp buddy at Camp Tequesta.

The camp was started by Ruth Pierson, says Irene Gaccek, the Tampa Bay Regional Coordinator for CBFF and a fire inspector for the city of Largo.

"She died in a house fire and a (Clearwater) firefighter resuscitated her. She would go to treatments and see kids, and she felt bad for them because they were always hiding," says Gaccek.

Pierson witnessed harsh treatment of a burn-scarred teen at a McDonalds, and she dreamed of a place where burn survivors could get together and meet other burn survivors and not be embarrassed. The first camp was held in 1991 in



A burn survivor talks with a clown at the camp hosted by the Children's Burn Foundation of Florida. Each camper is assigned an adult camp buddy who stays with the camper during the four-day event.

Hillsborough County with about eight boys according to Gaccek. They moved to a Disney property with about 25 kids and now host between 50 and 100 burn survivors at the Florida Elks Youth Camp in Umatilla, Florida.

The CBFF, a 501(c)(3), is run completely by volunteers, most of whom are in a fire related business. "These are our kids," adds Gaccek.

According to CBFF, children have an especially hard time adjusting to burns due to their maturity level. Adapting to their new "look," constant stares, questions from strangers, and/or physical limitations can be daunting.

CBFF continued on page 8

Meet the Candidates for MB and TI

By TIR Staff

City of Madeira Beach Mayor

(Vote for One)

Margaret Black

1. Tell readers about yourself.

I fell in love with Madeira Beach in the mid-80s, became a property owner in the 90s and moved here permanently in 2011. My husband Jim and I are both passionate about our city. My husband is volunteer coordinator for the city and I am running for mayor of Madeira Beach because I believe it is time for a change.



2. What do you intend to focus on if elected?

Our government needs to listen to, and involve, the residents in city decisions and have more transparency. We need to explain things in language that everyone can understand. And I want to make sure that the city is fiscally responsible. I am in favor of development. But I am in favor of the development that maintains the small town character of what we are replacing, and not the character of the mistakes of the past. I want development and growth based on the will of the people.

3. Why should residents vote for you?

I have experience on several Madeira Beach Condo Boards. I was on the board of our rental property for six years; and I have been on the board at Snug Harbour for four years and am now going into my 3rd term. As a board member I have learned how to work with people to accomplish common goals. I have been told by several people that "I am the voice of reason." A vote for me, John Douthirt and Nancy Oakley will bring about positive change to our city.

Travis Palladeno

1. Tell readers about yourself.

As mayor, I am humbled by your support these past six years. Madeira Beach is a special place and I love calling it home. I enter this election with; a strong record, a thoughtful, progressive vision, and your continued strong support. I am honored to be an appointed board member of the county's Tourism Development Council and president of the Emergency Medical Services Advisory Board. I actively represent Madeira Beach on the Pinellas County Council of Mayors, and the Barrier Island Government Council.



ELECTION continued on pages 22

SIRATA BEACH RESORT PHOTO OF THE MONTH
Sirata.com

Photograph by: Michael Biondi, Treasure Island
Captured over Boca Ciega Bay, "Fly Me To The Moon."



Participants are allowed to submit one photo per month by the 10th of the month for the next contest. Submit to: info@theislandreporter.com



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Government Update In Case You Missed It

By Doug Mason

St. Pete Beach

New overlay protects Pass-A-Grille's look

Should the day ever come that Pass-A-Grille has to be rebuilt or redeveloped, the historic south St. Pete Beach community will not lose its charm.

City commissioners voted unanimously Feb. 14 to pass an ordinance on first reading that creates a revised Pass-A-Grille overlay, which provides a form-based zoning code to protect the area's historic appearance and eclectic character. Second and final reading on the ordinance was expected at the Feb. 28 city commission meeting.

"This gives all those interesting little design elements that will bring more compatible and massive scale redevelopment to our existing bungalows," said City Commissioner Melinda Pletcher, who represents Pass-A-Grille. "We are not going to lose Pass-A-Grille by some catastrophic event. We're losing it one property at a time. We have continued

to lose property after property because we have not gotten to this point that we are in today. I'm just so happy."

The overlay covers everything south of 32nd Avenue, with the exception of the business community on 8th Avenue.

The new zoning code is important because about 90 percent of Pass-A-Grille does not conform to current city code. Without the new overlay, any reconstruction or redevelopment would have to be done by current city standards, which would eliminate the town's historic look.

The revised code allows existing lots to redevelop under existing standards, consistent with historic housing forms in new construction and building at base flood elevation, as opposed to FEMA-required elevations. It also prohibits lots to be clustered or split apart. Properties currently

GOVERNMENT continued on page 5

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From the Publisher

By Betsy Judge

I picked up a copy of our Smithsonian magazine today and opened it to a story titled "Race Against the Machines." I read about two tech-employment scholars predicting that within two decades 47 percent of all U.S. jobs will be automated. I read a reference to artificial intelligence (AI) and I instantly thought of Wayne Shattuck and his column this month about machines beating humans at poker for the first time.

It seems no matter what Wayne writes about, there is something I read during paper production that I then hear about on the news, or a talk show.

Of course I feel superior knowing that it was in TIR first, but often I hear it after we have gone to press, but before the paper is out. That time span unfortunately keeps growing. For this issue the paper had to be at the printer on Feb. 16 to ensure it would be delivered by March 1. When I purchased the paper seven years ago, we didn't even begin production until the 15th of the month—what a difference seven years makes. Maybe we need some automation. Paper delivery by drone?

Happy reading and Happy March.

Emails to the Editor

Recycling (January 2017)

Thank you for featuring Pinellas County Solid Waste (PCSW) in the January edition. It is correct that Pinellas County has a new system of "R's. While residents do their part to reduce, reuse, recycle, Pinellas County "Recovers" energy by creating electricity from burning garbage! Following combustion, we recover and recycle metal—the sparkling ash in the landfill is actually leftover glass. In other words, PCSW is the fourth "R." We offer free tours of our site and have regular tours on the first Friday of each month. To schedule a tour or presentation, call (727) 464-7500. Finally, contamination, or putting the wrong items in a bin is one of the major issues affecting recycling. For example, most people think they can include anything made of glass, but only glass bottles and jars are accepted. Contact your recycling provider to see what they accept, read the sticker on the recycling container, or check out our resources at www.pinellascounty.org/solidwaste/recycle.htm. Lastly, don't forget to close the loop by buying products made from recycled material!

Jennifer Frey
Pinellas County Department of Solid Waste

OLLI (January 2017)

Dear Betsy:
Thanks for the story "OLLI Launches Ambassador, Winter Catalogue" in the January TIR issue.

Current OLLI enrollment for this 2017 Winter Term increased by a significant one-third rate compared to last year. Your feature stories of support are an important factor in the highly successful growth of our program serving adult learners in Pinellas County. We are most appreciative!

Monica Kile
Director, Osher Life-Long Learning Institute at Eckerd College

Local Libraries (February 2017)

I would like to sincerely thank the Island Reporter (and Larry Lewis) for such a nice article regarding local libraries. Pinellas County is fortunate to have terrific libraries and a strong cooperative (Pinellas Public Library Cooperative) to support our collective mission. We always appreciate positive attention and are constantly searching for ways to get people to re-engage. Your well-written article will surely bring people back to borrow books, DVDs, or to attend a free program. Thanks again!

Betinda Kettells, MLIS
St. Pete Beach Library

We want to hear from you. If something you read inspires you, or you have a concern of a general nature e-mail info@theislandreporter.com. Letters may be edited for propriety and length.



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Editorial Deadline:

Press releases and community event announcements submitted on behalf of nonprofit organizations, as well as story ideas are welcome! Please submit story ideas by the fifth of the month and press releases by the 10th via email for inclusion in the following month's issue. Submissions of this nature run on a space available basis at the discretion of the newspaper.

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Local Groups Hold Car Shows

By TIR Staff

The Sons of the American Legion Post 158 hosts the 5th Annual "Spring Salute" Car & Truck Show and Benefit, Apr. 1, 8 a.m. - 5:30 p.m. at the Treasure Island Community Center. There will be vehicles, food and beer, music, a silent auction, vendors and a blood drive from 11 a.m. - 4 p.m. The free event benefits R.O.C. Park, Special Operations Warrior Foundation and Flags and Wags.

The Tierra Verde Business Partnership hosts the 6th Annual Open Car & Truck Show and Taste of Tierra Verde, Apr. 15 from 11 a.m. to 3 p.m. in the downtown Tierra Verde. The event will feature up to 150 classic vehicles plus music, food and activities for children. A portion of the proceeds benefit Eckerd Search & Rescue. Sponsorships are available.

Info and registration for both shows is at www.premiumcarshows.com.

GOVERNMENT continued from page 3

non-conforming for density would be able to redevelop with consistent form and density without increasing existing square footage.

The overlay was designed in tandem by Community Development Director Jennifer Bryla and Tara Salmieri, president of PlanActive Studio, an Orlando-based consulting firm.

It was previously approved by the city Planning Board and Historic Preservation Board.

Treasure Island

TI moves forward on new city hall

The first step toward constructing a new city hall and municipal center was put into motion in February by the Treasure Island City Commission.

Commissioners passed a pair of resolutions to enter into a contract and begin work on the first phase of a study by Harvard Jolly Inc. to determine options for new municipal facilities, including city hall, the police and fire departments, public works and the community center. The \$189,930 study will include evaluations of building program and parking needs, site evaluations, development of alternatives and cost estimates.

The current city hall building was constructed

in 1954 and has a number of problems. The most recent evaluation indicated the building would need \$680,000 in repairs to take care of cracks in walls and columns, a leaky roof, mold issues, plumbing issues, replacement of non-impact rated windows and doors, and bring the building up to current Americans With Disabilities Act standards.

Current FEMA rules require floodplain management when a building rehab equals or exceeds 50 percent of its market value. City leaders believe the cost of elevating, or flood proofing, the city's structures for FEMA approval would cost more than rebuilding them.

During a 2015 strategic planning session, one of eight goals identified by city commissioners was to create functional and cost-effective city facilities.

On other fronts, commissioners moved forward on a request by the management of Caddy's on the Beach to put a new temporary restroom trailer at the site and approved an easement for Pinellas Suncoast Transit Authority to construct a bus stop shelter on southbound Gulf Boulevard in front of Gulf Front Park, at 10400, Gulf Blvd. The shelter is 11 feet, 9 inches wide and 3 feet deep with a capacity for two to three people to get out of the rain.

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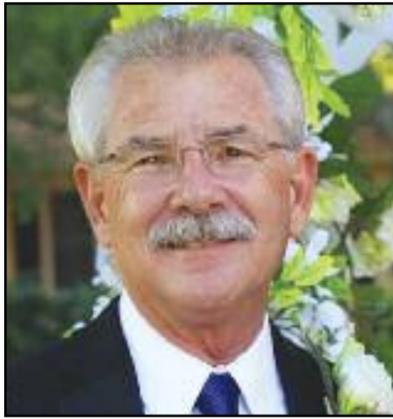
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Hail to the Chief

By Sally G. Yoder

Patty Wrensen quickly changed her clothes and hopped on her bike in hopes of casually bumping into Charlie Fant. It was 1974 and the 16 year old was smitten with her neighbor. She must have found him because they were married in 1979 and were together until his death in January.



Fant was the youngest fire chief in the state when he took the top spot in the Treasure Island Fire Department. He served his community for 41 years and was a devoted family man. Photo courtesy of Patty Fanta.

“He was a wonderful husband and person. Everyone agrees he was a man of kindness, service, diplomacy and integrity,” she says. “My brother recently reminded me how Charlie kept the confidence of George W Bush’s secret service detail when the president was visiting Treasure Island. I didn’t find out about his visit till it was over! Charlie’s life was a life of service. He was a wonderful family man with a quick witted sense of humor.”



Charlie and wife Patty are flanked by their daughters Juliana (left) and Erika (right). Patty and Charlie ran into each other in the neighborhood in 1974 and were married in 1979. After he retired they spent time traveling.

Retired Treasure Island Fire Chief Charles “Charlie” Fant was the epitome of an icon, defined as an object, often a person, of “uncritical devotion.” He was devoted to his to his family, the community and most certainly the fire service and all it represents throughout the beach area and Pinellas County.

As Charlie grew up his interest in the fire department grew too, and he and friends would jump on bikes to get to the station when the local fire siren sounded. At 18, he immediately signed up to become a volunteer firefighter. He went on to become a professional firefighter and paramedic.

In 1971 he was hired by the Treasure Island Fire Department fulfilling his dream of being a firefighter in his hometown. He was a graduate of the first class of paramedics in Pinellas County and became the face of the department as its chief in 1982—the youngest fire chief in the state.

He worked hard to improve the fire department and the entire fire service in the county. During his 41-year career, the department enjoyed community support especially from the Treasure Islettes.

Serving as president of the Pinellas County Fire Chiefs Association, Charlie was instrumental

in getting many improvements including new equipment for many departments in the county. Treasure Island became the first department in the area to obtain Advanced Life Support (direct electronic and radio contact) with a doctor in the nearest hospital ER.

He was often first on a fire scene, and once dove in the bay to rescue a victim of a plane crash suffering aviation gas burns.

Charlie was the son of former commissioner and mayor Julian Fant who often went on fire calls. “He was exceptional,” says his dad.

He was a civic leader who along with his wife Millie, raised their family in Treasure Island. Many friends say Charlie “lived and breathed fire rescue,” and he was known to so many as a kind man, a good listener, a helping hand lender, and the fire service was his life next to his family. In his off hours he enjoyed outdoor activities, hiking and exploring local waters in his kayak. He was well known not only in the city he loved but everywhere in the area. He was a strong family

man who alongside Patty, raised two daughters, Juliana and Erika.

He retired in 2012 and he and Patty took up traveling often to New York and Europe. In 2016 he was diagnosed with cancer and died on Jan. 17.

“Charlie was a quiet, unflappable, dedicated visionary for his entire (41 years) with the city. And he left an indelible legacy on our fire department and the city as a whole. We will forever be indebted to his service,” said Mayor Bob Manning.

After his death, the Treasure Island icon was escorted by fellow firefighters and police officers from St. Anthony’s Hospital to the funeral home. A fleet of fire/rescue and police vehicles, a large contingent of honor guards and a crowd of several hundred friends, relatives and former co-workers assembled at Pasadena Community Church on Jan. 27 to remember him—a fitting tribute.



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CBFF continued from front page

“One of the things that surprised me is that I had two boys with severe burns on their chests and they are married to absolutely beautiful women,” says Gaccek. “I said to them, ‘I have to ask if you were worried when you first took off your shirt?’ They said, ‘I never even gave it a thought.’ And I was so happy to hear that, because that’s what camp is about. We don’t want you to second-guess yourself.”

She says the whole point of camp is to teach burn survivors that they are not victims. “No one is going to hand you anything for free because you were burned, you still have to get good grades and work hard and (eventually) get a job.”

Each burn survivor is partnered with a camp buddy; an adult that is their supervisor. Despite their challenges, the campers, ages 6 to 16, are still kids with all their foolish impulses.



Burn camp attendees pick up a variety of items in preparation for camp. Camp activities are designed, created and implemented to have the children try new things, interact and team play with others, and stretch their imaginative and physical boundaries.

“They may have a burn injury, but they’re still boys and girls in their teens, and we’ve never had an incident, never had a problem, and I credit that to the one-on-one supervision.”

She says it is great that lots of kids who attended camp as children have become buddies as adults. “They can relate to the injuries where people in the fire business really can’t.”

Camp buddies and their kids stay paired throughout childhood and many remain life long friends. Gaccek became a buddy in 1992 when the first girls went to camp.

“I was paired with a girl from Sarasota when she was 12, and we went till she was 18,” she says, “and she still keeps in touch with me, and we developed a friendship over the years. I’ve been

doing it about 25 years, and I keep touch with most of my kids. I have been invited to weddings, to births, to all kinds of activities. I watch them grow up get married and have babies.”

With health privacy laws it is harder for the CBFF to identify potential campers. They used to get lists from hospitals. Gaccek says when she hears about a fire with pediatric burn survivors, she Googles the parents names and tries to find them or calls the local fire depart for assistance.

“I try to stress that camp is free. If you are at your kid’s school and it looks like a child has a burn injury, get the parents name and email address and I’ll get in touch with them and give them all the information they want about camp,” she adds.

The camp is totally funded by CBFF and is held once a year from a Thursday through Sunday in November. Gaccek says there are tons of things for the kids to do.

They also offer scholarships to burn survivors thanks to the generous support of Pinellas County Commissioner John Morroni. “I love John,” says Gaccek. “John came to camp with his wife and son. They spent the day with us to see what the



A camper and his buddy get ready to launch a cardboard boat. The boats are built by groups of campers and serve as a team building activity.

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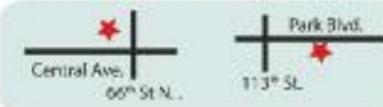


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two years and will be hosting their third annual Footgolf Tournament and Happy Hour at the Largo Municipal Golf Course on Mar. 24.

"The Children's Burn Foundation has been a darling of the fire protection industry in general for at least the last 10 years," says Chris Johnson, Piper's president and CEO. He knew of the CBFF through his connections with various professional associations. It was at a Fire Equipment Dealers Association meeting where he met some of the campers. "Seeing these kids with great attitudes; we were so touched with how the camp helps them accept their condition. It was definitely moving for me personally, and I think for my team that was there," he adds. The CBFF became the focus of Piper Fire Gives Back committee that works on their charitable donations and outreach.

They have raised more than \$5,000 for the organization through this up-and-coming combo of soccer and golf. Players in the 9-hole footgolf tournament kick soccer balls down fairways and into a 21-inch diameter hole. Johnson took his family to the Largo course on opening weekend in 2013, and they loved it and the company thought footgolf would get different people involved.

Tickets are \$25 for adult participants and \$20 for kids, spectators are \$15 and tickets include dinner, live music and awards and prizes for players. They can field 36 teams of between four and six players.

"We are excited," says Johnson. "We've got such great warm community acceptance of this event. The Central Pinellas Chamber of Commerce has supported us; the city is excited about it, and it helps them promote footgolf, so that's a plus."

For more information about CBFF go to www.childrensburnfoundationoffl.com. To register for the fundraiser go to www.piperfire.com/footgolf.

is free for all campers. Regional coordinators rent busses and buy supplies for camp as well. Companies and professional with the fire industry, like Piper Fire, often support the nonprofits like their Footgolf Tournament and Happy Hour on Mar. 24.

kids do. They met a couple our kids and heard their stories and were moved by them."

They also do exchanges with camps in California, Colorado and with Angel Faces in New Hampshire, a nonprofit organization that provides retreats and support to girls and women with disfiguring burn and trauma injuries.

In addition to paying for camp and renting busses to get the kids there, Gaccek buys each camper a sleeping bag so kids who don't have nice sheets to take to camp aren't embarrassed. The organization also provides them with books, backpacks, anything they think the kids may need. She gets donations from various organizations including the Northeast Exchange Club, the firefighters motorcycle club Fire and Iron, and the Largo Fire Department. They rely on donations and some years are better than others.

Piper Fire, headquartered in Clearwater, has hosted a fundraiser for CBFF the last



Campers and their buddies test their skills and courage on a rope obstacle at Camp Tequesta, the Florida Elks Youth Camp in Umatilla, Florida.

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Pride & Joy Dealing with Death

By Jackie Minniti

Debra Walling has always had a desire to serve.

"I don't know where it came from," she admits. "It might be a reflection of my parents - watching how they were always ready to lend a helpful hand." She has spent time mentoring, working with students, helping premature infants and cooking for the homeless. But the cause that has become closest to her heart is helping dying patients and their families through her volunteer work with Suncoast Hospice.

Suncoast Hospice is a not-for-profit organization committed to serving those living with chronic and terminal illnesses, nearing the end of life or experiencing grief. The organization offers care for patients and guidance for their families. In addition to comprehensive hospice and palliative care, Suncoast Hospice offers caregiver education, individual and group counseling, spiritual support and many other programs.

Debra has been a Suncoast Hospice volunteer for 22 years. "They're a great organization," she says. "They focus on a patient in every aspect and have different outreach programs to offer support through times of sickness and grief. I like their dedication and the true compassion they have for the sick and dying." Debra's duties have included working in the office, making bereavement calls, providing support to dying patients, and most recently, becoming a perinatal loss doula to help with pregnancy demise. Her dedication earned her the title of Volunteer of the Year in 2010 and the Tampa Bay Healthcare Collaborative Award.

Of all the special patients Debra has met at Suncoast Hospice, there is one who stands out. His name was Albert, an elderly man whose daughter couldn't be with him in his final moments. She didn't want him to be alone, so Debra was called in. "It was very dark in the room,



Debra Walling has been a volunteer with Suncoast Hospice for 22 years. After 12 years of helping others cope with death and dying, she had to go through it personally with her mother's death. She worked through the bereavement process by expressing her grief visually, in writing and with art.

so I asked him if I could open the blinds, and he said yes," she recalls. "I opened the blinds so he could see the sun going down. I held his hand and talked to him while the sun set. He was very quiet. He closed his eyes and said, 'Thank you. I always liked sunsets.' Then he died. I was glad to know that I gave him the chance to see that again."

After 12 years working at Hospice, Debra faced a personal tragedy - the death of her mother. "I was looking for closure, so I started Project SaD (Square-a-Day), a self-guided art therapy. I divided a canvas into a grid and drew something in one square every day until the canvas was filled. I also kept a grief journal.

Wanting to put closure on my grief inspired me to write a book about my experience - 'Tending to My Wounds - Coping With Grief One Square at a Time.' My grief involved three separate journeys - my visual expression of grief; my written expression of grief; and combining the two in the book. Writing the book put closure on my grief with the hope of possibly helping at least one other person tend to their wounds."

Debra realizes that some people may feel uncomfortable about working with death and dying, but she has some words of advice. "It's not as difficult or scary as one might think. When we love and care, it's easy to do unto others as you would have them do unto you, even at the time of death. Besides, being part of the team who will help make that transition as supportive and peaceful as possible - how difficult or scary can that be?"

For more information about Suncoast Hospice, visit their website at www.thehospice.org.

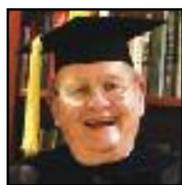
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We Want To Know What You Think

By The Old Professor

Nine messages in the last four days. Each asked me to complete a survey form. The latest was a survey asking how I liked their survey form. Infinite regression anyone? One asked me to agree to fill out more survey forms. I bought some sheets for a relative. The company has now asked three times how I like them. They started before the sheets were delivered. All say they will take five minutes. They take twice that so I have stopped responding.

Cybernetics tells us that feedback loops allow systems to self correct. Learn what went well or badly, and you can adjust. I believe fervently that listening to each other improves our communication. I plan to try it one day. I even spent part of my career teaching young doctors how to listen. Do they? No comment. I might need a doc soon.

I have seen attempts to get feedback multiply one hundred fold. There are tent cards on restaurant tables and forms to complete in hotel rooms. Telephone customer servers say "Please stay on the line for a one question survey." I like the one that asks if I would hire the representative. Why don't they ever ask if I like being answered by a computer with a menu rather than a person? That one I'd answer; you betcha. During political season questionnaires came in the mail often accompanied by begging letters. Telephone surveys asked how we would vote. Some also begged for contributions.

Survey research is based on the idea that a representative sample of subjects will hold the same opinions as the group they represent. The prediction gets better as the size of the sample increases. But the sample has to be representative. That's the rub. "The Literary Digest" predicted that Alf Landon would defeat FDR in 1936. In that era lots of folks didn't have phones. So their phone contacted sample wasn't like the electorate. Years ago I was called to consult about a local political campaign for a worthy cause. The survey showing strong support had included a very high percentage of retired government

workers. My skeptical comments were scoffed at. The issue lost. Most pollsters predicted that Mrs. Clinton would be president. In case you haven't noticed, someone else is. So surveys aren't necessarily reliable.

One source of difficulty is that people may not tell the truth. Some will give the socially approved answer, not their own. I don't want just anyone to know if I like rough sheets. Some things should remain private. Another is that the questions and choices can influence the response. "Do you think that Mr. X's history of child abuse makes him a good candidate?"

In 1964 John Glenn challenged Stephen Young in Ohio's democratic primary. I went to the homes of democratic precinct chairpersons asking which of a list of arguments would be the strongest for each if he were to win the primary. These arguments had been pretested so that the ones for Young were very strong and the ones for Glenn were weaker. A union supporting Young had commissioned the work in an attempt to influence the democrats' grassroots political leadership. Glenn fell in the bathtub and withdrew so I did no permanent harm to the democratic process. I'm sure such shenanigans couldn't happen today.

So many of these forms are created by folks who lack expertise in survey construction that items are clearly flawed. The results are bound to mislead. But the surveys keep coming.

- Please complete the following.
1. The Old Professor is: (a) brilliant (b) talented (c) insightful (d) sexy as all get out.
 2. I read the Old Prof's column: (a) voraciously (b) studiously (c) repeatedly (d) with delight
 3. The Old Prof's jokes are: (a) hilarious (b) real knee slappers (c) fall down funny (d) droll
 4. The Old Prof should be: (a) knighted (b) syndicated (c) paid big bucks (d) tarred and feathered

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Fitness Technology Ailments

By Carol Hollenbeck

Over the last few years there have been vast increases in muscular skeletal injuries known as "technology ailments" due to high use of computers, laptops, iPads and cell phones, and people of all ages are affected. People are being treated for neck and back strain from sitting too long and leaning forward, thumb strain from texting too much, and even "selfie" elbow strain from taking too many pictures.

Although they may sound humorous they can drastically reduce daily activity level, function and social life. Neck and back pain from using a cell phone and tablet are actually both more common now for a couple of reasons. One, people use these items more on a daily basis than a computer or laptop and, one's posture is worse when using those items. This is because people tilt their heads down and forward more to see the screens in their hands rather than focusing on a larger screen in front of them on a table. This kind of neck strain is referred to as "text neck." You overstretch the muscles and ligaments in the back of your neck while you compress those in front. And you are also increasing the load on the vertebrae in the front of the neck leading to degeneration of the spine at a faster rate than normal similar to professions with a forward head posture (dentistry and tailoring).

To avoid some of these conditions it is best to take breaks frequently. Get up every hour if you are sitting at your computer. Set a timer if you have to so you don't forget. Walk around but also do some brief exercises to relax the muscles in the upper back and neck. Exercises such as shoulder

shrugs, rolls and pinches, plus arm circles big or small and moving the head laterally and backwards to stretch releasing the tight muscles in the front of the neck. Do some brief fingers exercises and wrist stretches regularly to help relieve tension in those areas.

When texting and using your cell phone to read or search the internet your head is in a very extreme forward position, therefore take even more frequent breaks such as every 15 minutes when using your cell phone or iPad. New research from Ergonomics (2015) has shown that many people look down at a 60-degree angle when texting. This is equivalent to 60 pounds of force on their neck! The neck muscles are designed to support the head in a neutral position not 60 degrees forward for extended periods of time. It doesn't take long before you feel this strain in the back of your neck. Try it and see how long until you feel it.

Besides taking breaks and doing relaxation exercises also be aware of your posture while using these devices. You may want to put a lumbar roll in your chair to protect your low back. Or stand up and put the device at a higher eye level resting your arms on your body. This will help relieve the back, neck and shoulders.

Soft tissue injures or strains and sprains take a long time to heal—upwards of 10 months, so take preventative action and avoid one in the first place.

Carol Hollenbeck is a physical therapist in St. Pete Beach and owns Fit For Life Fitness Center. (727) 367-0075 or www.iamfitforlife.com.



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Dr. Reza Razavi joined Frank T. Hurley Associates in November 2016. For the last 15 years, Reza has been the CEO & President of Razbro Corp., a real estate investment & a billboard advertising firm located in Tampa, Florida. Reza provides clients with his unique experience & perspective regarding real estate investments, and is a dedicated, hard working, and a compassionate realtor who will stop at nothing to find you your perfect home or investment property.



A Dance with Time

By Sabrina O'Donnell

I glanced at Time
 One cold afternoon
 His smile was contagious

I pranced up to Time
 That cold afternoon
 His eyes were deep and ageless

My luck I chanced
 With Time that day
 The brisk air slowly thickened

Placed my hand in Time's
 Not a word to say
 My nervous heart had quickened

It took but a moment
 As Time mulled over
 The thought of me in his head

Then with a grin
 And a raised up chin
 We began the dance; he lead

I danced with Time
 That cold afternoon
 Not with passion or with love

But I spun and spun
 Carelessly flirting
 With what Time was a promise of

It felt like hours
 But felt like seconds
 All the time yet none at all

This must be eternity
 The balance of forever
 None more to rise nor to fall

I thought of the tales
 Do not dance with Time
 Doing so damns you worse than a sin

But how to resist
 A dance so alluring
 Whistling promise in its every spin

Time let out a chortle
 Do you not fear me?
 You do not know whose hand you hold?

The hand of forever
 Forever! He snorted
 His mock so icy it turned my blood cold

I am not forever
 My breath was catching
 I am hurt, I am loss, I am tears

Only fools see eternity
 Look into my eyes
 You should never have faced your fears

I tried to let go
 But it was too late
 The deed had already been done

With his hand in mine
 There was no escape
 It was sealed when the dance first begun

He laughed at my struggles
 Mocking my pain
 I begged and begged Time to let go

Holding onto a clock
 Doesn't mean you can rule it
 Such a thing doesn't give control

In a final laugh
 And one last cheeky dip
 Time released his hold on my hands

The whole world was spinning
 My bones ached, my head pounded
 I collapsed and thought back through my plans

I thought it'd be different
 Thought I could trick him
 I was sure I could reach such a peak

But my hair has turned gray
 And Time has aged my skin cruelly
 The future can't help looking bleak

It is getting colder
 And my eyes are closing
 I think back upon my endeavor

And as little sense as it makes
 I still cannot find regret
 For my spectacular dance with forever

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Beverage Beat The Craft Beer Craze

By Ellen L. Capitosti

Publisher's Note: As the Old Professor pointed out in his February column, craft brewers are springing up all over town. To quench any remaining thirst about this subject, we are rerunning a Beverage Beat article from 2013 with some updating.

Venture down the beer aisle at a local retailer lately and notice the proliferation of independent, or craft beer. Craft beer is no longer hidden in a corner of the beer cooler; it now takes up to almost half of the cooler space! What once was familiar—and, yes, sometimes boring—territory can be the beginning of a new adventure for your taste buds.

A craft brewer is defined by the Brewers Association as, “small, independent, and traditional.” By small, they mean 6 million barrels or less. Independent is when 25 percent or less, of the brewery is owned by an entity who is not a craft brewer themselves. Traditional is a brewery whose offerings are at least 50 percent malt-based. To put this in perspective, a large scale brewery, such as Anheuser-Busch in 2015 produced over 389.71 million barrels. Prior to the sale of Anheuser-Busch to InBev, their stock price was flat for five years, held down in part due to the consumer’s clamor for something new and different - craft beer.

Craft beers are seen as a way to express individuality, whether that was to call attention to a hard to pronounce brewery, such as Wisconsin’s Leinenkugel. Leinie’s, as they are known, began with one German immigrant crafting his small brewery’s beer. Building on the original beer by pairing it with hearty German infused Midwestern foods, such as bratwurst and sauerkraut, for a taste treat unique to the Upper Midwest. Even though they are now owned by Miller, they have held fast to the original pale malt and cluster hops recipe that Jacob Leinenkugel came up with in 1867, and this new ownership allows for availability throughout the country.

In the Tampa Bay area, we have Cigar City Brewery which has beers that celebrate Ybor City’s rich multicultural heritage with names that remind us of the origination of Cigar City, such as Maduro Brown Ale, alongside names specific to this area like Tocobago Red Ale which immortalizes the Tocobago Native American tribe who once called Safety Harbor home. It imparts local flavor with notes of citrus and caramel flavors. They also produce a Cuban Style Espresso Brown Ale which gives a nod to Ybor City’s Cuban heritage with a hearty Espresso bean base note, tempered with sweet caramel and toffee.

A growing movement for many restaurants is a focus on locally produced meats and greens often paired with locally produced craft beers which naturally lend themselves to food pairings from appetizers to desserts. A natural place to begin pairing craft beer is with cheeses. A good rule of thumb is to pair strongly flavored beer with stronger cheeses, such as a bleu cheese with a dark, hoppy beer. Milder, higher fat cheeses go well with mild beers like Pilsners. Fresh, young cheese – such as Mozzarella and goat cheese – naturally partner with a mild wheat beer. Flavorful notes in malty, or nutty, craft beer playfully co-mingle with aged Gruyere and Manchego.

Thomas Buckley reported on the fall on bloomberg.com that the craft beer market is slowing down and that it is the sheer volume of craft brewers that is having an impact as people opt for locally produced suds.

Ellen Capitosti is the owner of Tostis Spirits and Fine Wines



Florida Author The Roads Less Traveled

By Jackie Minniti

Gulfport journalist Cathy Salustri can remember the exact moment she decided to become a writer.

“I was in fifth grade,” she recalls. “The librarian said that I’d be a writer someday. I thought that was a good idea.” Since that day, Salustri has pursued a career that includes a stint at Tampa’s WQIK radio, 14 years writing for a local paper and several years doing freelance reporting. She is currently Arts and Entertainment editor at “Creative Loafing Tampa,” and as of October, she added to her resume a nonfiction book chronicling her adventures traveling Florida’s backroads.

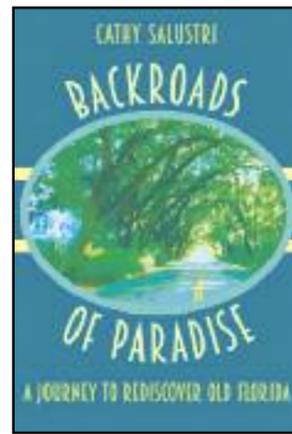
Born in Westchester County, New York, Salustri moved to Florida with her parents in 1980. “My grandmother had a vacation home in Clearwater, and my parents enjoyed life here,” she says. After earning a bachelor’s degree in mass communications, Salustri went on to pursue a master’s degree in Florida Studies at the University of South Florida/St. Petersburg. While there, she wrote a thesis which became the foundation for what would eventually become her first published book – “Backroads of Paradise – A Journey to Rediscover Old Florida.”

“When I was in grad school, I found a book called ‘Guide to the Southernmost State’ published by the WPA Federal Writers Project,” she says. “It followed 22 driving tours of what were then Florida’s main roads. With the coming of the interstate system, these became backroads. I became obsessed with traveling backroads.”

Researching the roads was a challenge, especially since “Guide to the Southernmost State” was written when two-thirds of Floridians lived north of Gainesville. “Finding the 1930s roads was difficult,” she says. “I spent a couple of months sitting at the dining room table with a highlighter and a



Cathy Salustri poses in front of a fish wagon at the Key West restaurant of the same name. She first realized she wanted to write in the 5th grade and recently finished her first published book, “Backroads of Paradise.”



map. I swore a lot.”

“Backroads of Paradise” takes readers from US 98 running from Pensacola to Tallahassee, down to Key West along A1A and everywhere in between. Salustri captures the natural beauty as well as the grittier underbelly of the state with prose that borders on the poetic, her love and respect for Florida shining through. “All kinds of things have been written about Florida, but not a lot that looks at Florida with compassion,” she explains. It’s portrayed either as a commodity or a joke. My experience is of someone who travels Florida looking to see the good. The trip was such a positive experience, and when I read the book, it brings back memories that just make me happy. I’m hoping others might be inspired to make similar memories.”

Salustri is currently working on a book tentatively titled “Adventures in Small Town Paradise.” The new book was inspired by a book about a woman in Alaska who wrote obituaries. According to Salustri, “I realized

I had lots of stories about wonderful people who had interesting stories.” She has begun telling some of these stories in “Adventures in Paradise,” a podcast that debuted on February 1.

Salustri is passionate about changing the public perception of the Sunshine State. “I hope people who don’t live in Florida will develop an appreciation for Florida,” she says. “The part they saw when they visited Disney or Aunt Martha isn’t all there is. And I hope Floridians will take a second look at all these places. I thought I knew a lot about Florida before my trip. Now I know that Florida is much more than a sum of its parts.”

For more information or to listen to the podcast go to www.cathysalustri.com.

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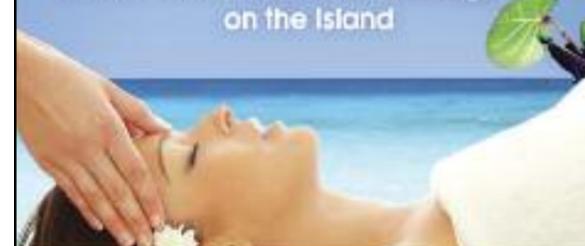
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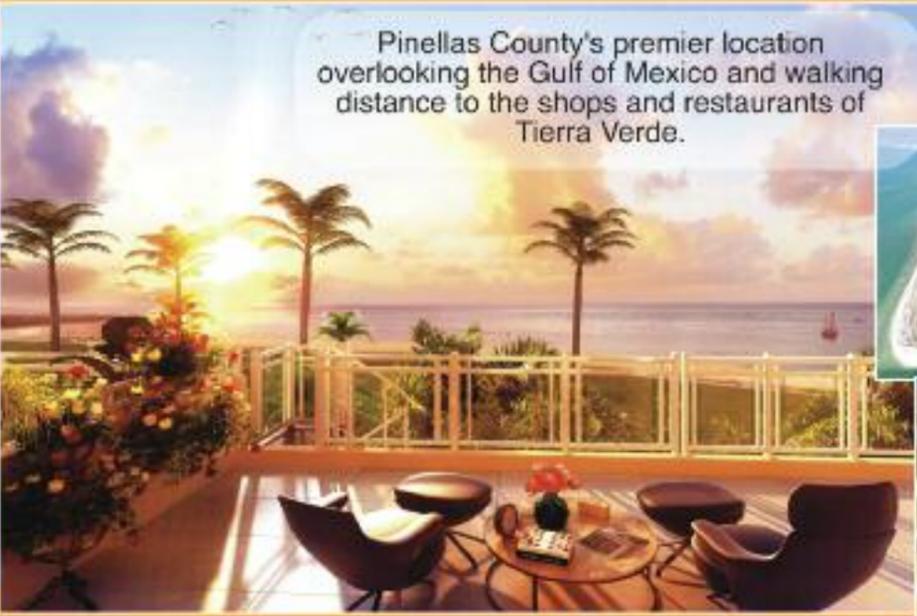
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Grand Opening Mar. 25 A Force For Art Gets a Home

By Betsy Judge

He had a dream.

"No it was an epiphany, not so much a dream," said Scott "Mac" Macksam, founder of the Veteran's Art Center Tampa Bay (VACTB), about the organization and its new facility in St. Petersburg's Gaslight Square.

The VACTB is Florida's first art center for military veterans, first responders and their families offering healing therapy, wellness and education through the arts.

To celebrate their new home, they are hosting a grand opening on Mar. 25. It will be a day-long celebration with special musical guests, street performers, art exhibits and demonstrations, a kids art zone, food trucks, raffles and Billboard charting artist and Navy veteran B. Taylor, who is the Global Ambassador for Music & Entertainment for the US Military, Veterans, First Responders & their Families, and now the official ambassador for VACTB. The event is in honor of Gold Star Families.

Macksam's connections have come in handy when it comes to making the center a reality and accomplish its mission. The furniture in the main gallery was donated by an acquaintance associated with Southern Comfort Furniture. Macksam was given his pick of pieces when they closed a facility several years ago. The Palms of Largo offered storage space and held it for two years.

He recalls people asking him, "Mac, why you doing this...why are you collecting all this stuff?" He looks around and says, "This is why?"

Boxes of track lighting were sitting in the center recently. They were donated by Home Depot.



Gold Star Mothers take a break from a tour of the Veterans Art Center Tampa Bay for a photo in the Paul Stavros Gallery. Rooms in the center are available for sponsorships.

Photo courtesy of VACTB

He also recently received a \$10,000 gift from AARP which will be a recurring donation. Even his landlord donates part of his rent back to the organization.

The center serves as a gallery where the works of veteran artists, first responders or their family members are displayed and for sale. Artists get 60 percent of any sales of their work and the remainder goes to VACTB. It has studio space where people who have served their countries or their

communities and their family members can work for free. It is a place where artists can have shows or book signings, and it is available to rent for businesses and other organizations.

And they are already having an impact. They hosted a photography show by U.S. Army veteran Howard Miller. "He doesn't like to talk to a lot of people," says Macksam. "It was really neat to see

VACTB continued on pages 19

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Business News

Bay Moorings Makes Improvements

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SPB Law Firm Marks One Year Anniversary

The Anderson & Brodersen family opened their doors on Corey Avenue about a year ago, but they are no strangers to St. Pete Beach and have been practicing here more than 10 years. They are a growing law firm with a real estate closing department, a probate and estate planning attorney, as well as personal injury, foreclosure defense and civil litigation attorneys. They enjoy their new neighbors and businesses and enjoy eating and shopping at the businesses around them. Info at www.propertyLawGroup.com.



My Spine and Joint Celebrates Opening

The St. Petersburg Chamber of Commerce hosted a ribbon cutting to welcome My Spine & Joint to the Skyway Marina District. Dr. McPherson focuses on the functional health with an emphasis on joint function, motion and health. With background in musculoskeletal conditions, athletic injury, rehab, injury prevention, and soft tissue injuries, he sees the results that can take place when patients are wholeheartedly dedicated to achieving optimal physical performance. He speaks on a variety of health related issues in the community and actively participates in community development and volunteerism. Info at www.myspineandjoint.com.

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Notable Achievements

Heroes Honored

Pinellas County Commissioner John Morroni hosted his 22nd Annual Appreciation Luncheon for Emergency Personnel. The luncheon raised over \$40,000 that will be donated to Critical Incident Stress Management (CISM) of West Central Florida. Commissioner Morroni was recognized by Sheriff Bob Gualtieri, State Attorney Bernie McCabe and Senator Jack Latvala for his commitment to honoring first responders.



Area Realtor Gives Back

Matt Shankweiler, founder of Tampa Bay Heroes and a RE/MAX Metro realtor associate, presents a check to Harry Metz, president of the Veterans of Pinellas County (VSPC) for \$750 and a check for \$3,025 to Air Force veteran Trevor Miles (inset photo). Trevor and Amy Miles donated \$150 of their savings to VSPC and \$150 to SouthEastern Guide Dogs. Tampa Bay Heroes helped clients save \$40,000 through realtor rebates and lender, inspection fee and title company fee discounts. They gift five percent of their sales commission to charity and donated \$9,500 in 2016 to various organizations serving veterans and first responders.



Super Lawyer Selected

St. Pete Beach lawyer, Victoria Jones, Esq., owner of Jones & Hitt Attorneys at Law, P.A., was recently named as a Rising Star by Super Lawyers. Stars are selected based on peer nominations and evaluations combined with independent research. Each candidate is evaluated on 12 indicators of peer recognition and professional achievement. She is a top rated estate planning and probate attorney and is involved with the SPCA Professional Advisory Committee (PAC); Suncoast Hospice Professional Partners Council; Tampa Bay Beaches Chamber; Suncoast Goodwill; Sunshine City Kiwanis; Suncoast Estate Planning Council; Better Living for Seniors and The St. Pete Bar.



Local Lawyer Selected for Board

St. Petersburg General Hospital recently appointed Frank P. Marsalisi, Esq. to serve for a two year term on the Board of Trustees. Frank P. Marsalisi, Esq. is a St. Petersburg native and owner of Marsalisi Law; a practice devoted to personally advocating for both English and Spanish-speaking motorcycle and automobile accident victims throughout Tampa Bay and surrounding counties. He is an active member of the Florida Justice Association, Tampa Bay Trial Lawyers Association, Tampa Bay Beaches Chamber, and a sponsoring partner of the Pinellas County Medical Association.



Local Volunteers Recognized

Queens Court, Inc., a volunteer organization, held their 59th annual Queen of Hearts Ball in February. The event honors the volunteer efforts of seven extraordinary women and all of the proceeds go to charity. This year's benefactors are Bridging Freedom and Operation Par. The Queens have donated more than \$1.5 million over the last 58 years in support of a variety of charitable, cultural and educational organizations. Pictured left to right: Princesses Liz Heinkel, Donna Cothron, Greta Bella's, Sparky Ierna - Queen for 2017, Princesses Stacy Gerardo, Awilda Harrington and Angela Rouson. Learn more at www.queenofheartball.org.



VACTB continued from page 17

him sprout out," he says about his demeanor during the show.

Gulfport photographer Larry Busby, a resident of Town Shores, was a featured artist at a show coordinated by the center. A former naval photographer, he took up the craft again two years ago, and his work is becoming recognized throughout the Tampa Bay area.

"When I'm out there taking pictures, I lose track of time," says Busby in an interview that ran in The Gabber. "It gets me out of my head and focused on something. The Veterans Art Center has been there for me. It gives veteran artists a chance."

Off premise the VACTB helps pay for classes and courses for artists at the Morean and Dunedin Arts Centers and they are working to partner with another center on the beach.

They have also partnered with HEAVENDROPT which has a space in the center where they sell apparel and jewelry made from



Army veteran Saori Murphy at VACTB. She is associated with Veterans Creating for Community, a program to help veterans create a community through engaging in all artistic mediums as a way to improve health and build relationships.

recycled parachutes providing jobs, employment training for people with disabilities and supporting veterans.

He also hopes to form an alliance with WestCare Foundation which provides a wide spectrum of services including outpatient counseling, mental health care, and substance abuse treatment. "They do not have an arts program," says Macksam. He hopes to change that.

On the educational side they are bringing in two touring exhibits in 2017. The first is an exhibition of images captured by 1st Lieutenant Glenn Hoover during the Vietnam war. The second is a 500 foot art panel by Bataan Death March survivor Antonio Dattremaro. There will be a scholarship

in memory of PFC Jalfred D. Vaquerano who died Dec. 13, 2011 serving in Afghanistan. The scholarship will be announced at a

show by his mother artist Yolanda Mercado later this year. They are also starting a grant at St. Petersburg College Midtown Center with Devrone Gibbons, a college trustee.



The newly opened Veterans Art Center Tampa Bay is in St. Petersburg's Gaslight Square. In addition to indoor space to display art, the adjacent courtyard will serve as a space for the Mar. 25 ribbon cutting and future art events.

To celebrate their new home, the VACTB is hosting a grand opening on Mar. 25 with music, performers, art exhibits and demonstrations, a kids art zone, food trucks, raffles and Billboard charting artist and Navy veteran B. Taylor.

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Keeping Estate Plans Current

By Victoria S. Jones, Esq.

Life changes fast, and often estate plans are forgotten. It is important that they are reviewed at least once a year to make sure they still reflect your wishes.

An estate plan should include a will and any trust or trust amendments, as well as any advanced directives. Generally people can review their estate plan on their own; however, it is very important to use an estate planning attorney for any of the following major life changes: a move to a new state; marriage; divorce; birth of a child or grandchild; death of a loved one included in the estate plan; major health or financial changes; or a new real estate or other large asset purchase or sale.

It is also a wise decision to review any separate writing, which is a statement or list of tangible personal property to be given to someone specific upon death. Tangible personal property means all possessions and belongings, but does not include any securities, money or real estate. Each year, as your personal possessions and belongings change, your written statement should be updated according to your wishes. In Florida, your separate writing does not need to be witnessed or notarized; it only needs to be signed. It is a good idea to date the separate writing so your personal representative knows which separate writing is the most current.

Finally, review any advanced directives, such as power of attorney, health care surrogate designation, and living will on a yearly basis. If changes need to be made, meet with your estate planning attorney to make sure your wishes are properly laid out.

Note: This article is not intended to constitute legal advice or create an attorney-client relationship. For advice on your specific circumstance, please contact an estate planning attorney.

TI Holds Art Contest

The City of Treasure Island is holding an art contest for new beach signs promoting keeping the beaches beautiful. Entries are due by Mar. 31. Artwork should be original and inspiring and the contest is open to everyone age 10 and up.



Artwork will be reviewed by a panel of judges to select finalists in five categories. Finalists will have their original art work featured on one of the new beach information signs.

Contest rules are available at www.mytreasureisland.com

Robocall Scam Alert

Pinellas County Consumer Protection is advising residents who receive a phone call asking "Can you hear me?" to hang up and not say "yes."

The call is an attempt record affirmative responses and then use them to authorize unwanted charges on a phone bill, utility bill or with a stolen credit card. To add legitimacy, the scammer may have already collected some personal information. When the victim disputes the charge, the scammer will validate the charge with the yes recording. They may also ask other questions to get a "yes" response. Residents are advised not to answer calls from unfamiliar numbers and hang up if they answer the call.

For more information, or file a complaint, call Pinellas County Consumer Protection at (727) 464-6200 or visit www.pinellascounty.org/consumer.



Wayne's World Close Fly-By... Computer Poker... Sauna Good... and More...

By Wayne Shattuck

Close Fly-By... There's a lot of stuff in the universe and some of that stuff got fairly close to Earth last month. A bus-sized asteroid that buzzed between the Earth and the moon on the afternoon of Feb. 2 was spotted by one of the Slooh Community Observatory telescopes in the Canary Islands. The asteroid, dubbed 2017 BS32, was first identified by the Panoramic Survey Telescope and Rapid Response System on Jan. 30, and came to within half the distance between the Earth and the moon, Slooh reported. The space rock was between 36 and 82 feet long and was traveling at a speed of 25,800 mph, or about 16 times faster than a bullet shot out of an AK-47 rifle, according to Slooh Astronomer Erik Edelman. Why was there less than 72 hours notice? Mr. Edelman says it can be difficult to spot asteroids and space rocks that come relatively close to Earth. Weather can play a major role in how frequently ground-based observatories can scan the sky, and even on clear nights, the light from a full moon can wash out the light from a very small, dim object like asteroid 2017 BS32. In addition, these space rocks are moving very fast and can slip into and out of a telescope's field of view very quickly, making them difficult to spot. You might also be surprised to hear that this type of event is not all that uncommon. According to Slooh representatives, there were three other near Earth objects that came within Earth's lunar orbit in the month of January. Keep looking up!

Computer Poker... Artificial intelligence (AI) has made history by beating humans in poker—the last remaining game in which humans had managed to maintain the upper hand. Libratus, an AI built by Carnegie Mellon University (CMU) racked up more than \$1.7 million worth of chips against four of the top professional poker players in the world in a 20-day marathon poker tournament that ended in late January in Philadelphia. While machines have beaten humans over the last two decades in chess, checkers, and most recently in the ancient game of Go, Libratus' victory is significant because poker is an imperfect information game, similar to the real world where not all problems are laid out and the difficulty in figuring out human behavior is

one of the main reasons why it was considered immune to machines. The victory prompted inquiries from companies all over the world seeking to use Libratus' algorithm for problem solving. Frank Pfenning, head of the Computer Science Department at CMU said, "The computer can't win at poker if it can't bluff. Developing an AI that can do that successfully is a tremendous step forward scientifically and has numerous applications. Imagine that your smartphone will someday be able to negotiate the best price on a new car for you. That's just the beginning." Just for the record, in the no limit Texas Hold'em battle, the four human players only won five days out of 20 and split a \$200,000 prize based on their performance.

Sauna Good... Regular visits to the sauna can help lower the risk of developing dementia and Alzheimer's disease as well as dying of heart ailments, a Finnish study suggests. Researchers at the University of Eastern Finland found a link between sauna visits and memory diseases after following more than 2,300 middle-aged Finnish men for more than 20 years. In the study, men who went to the sauna four to seven times a week were found 66 percent less likely to be diagnosed with dementia, and 65 percent less likely with Alzheimer's disease, than those taking a sauna once a week. The findings, published in the journal *Age and Ageing* in December, suggested that the health benefits of sauna could extend from the brain to the heart. Previous results of the follow-up study have shown that men who spent time in a sauna seven times a week were less likely to die of heart problems, compared to those who only partook once a week. The researchers stated, "In the sauna, the heart rate increases and we start to sweat. This is a bit like physical exercise. After sauna, you may have lower blood pressure, and blood pressure is an important risk factor in cardiovascular and memory diseases." I'm sold, now where do I find a sauna.

But That's Not All... "Buying the Farm" This is synonymous with dying. During WWI, soldiers were given life insurance policies worth \$5,000. This was about the price of an average farm so if you died you "bought the farm" for your survivors.

TIR Goes Cruisin'

The Island Reporter was spotted all over the Far East thanks to world-travellers Jack and Gail Parker along with Lorraine Krepfle and Ron Ripa, who is apparently extremely camera shy.

Financial News

Taxpayers Beware

By Marianne Kern, CPA

As tax season approaches, tax payers should be on the lookout for an array of evolving tax scams related to identity theft and refund fraud. Every year scam artists look for new ways to trick taxpayers out of their refunds and sensitive financial information or gain access to a computer. Here's what the IRS is seeing this year:

- Requests for tax payments: Scammers leave urgent callback requests telling taxpayers to settle their tax bill, generally claiming to be a last warning before legal action.

- IRS impersonators. These callers may demand payments using prepaid debit cards, iTunes and other gift cards or wire transfer.

- Federal Student Tax. Scammers target students and parents demanding payment for a fake student-related tax. The scammer may become aggressive and threaten to report the student to the police to be arrested.

- Fraudulent IRS bill for tax year 2015 related to the Affordable Care Act: Scammers are sending a fraudulent version of CP2000 notices generally via email or letter. The fraudulent notice includes a payment request for a check made out to the "I.R.S." sent to the "Austin Processing Center" at a post office box address.

- Soliciting W-2 information from payroll and human resources professionals: This is a phishing email scheme that seems to be from company executives and requests a list of employees and financial and personal information including Social Security numbers (SSN).

- Imitating software providers to trick tax professionals: This email seemingly comes from tax software companies requesting the recipient download and install an important software update via a link in the e-mail. It can be a program designed to track keystrokes, a common tactic to steal login information, passwords and other sensitive data.

- Verifying tax return information over the phone: Scam artists call saying they have your tax return and

need to verify a few details to process it. They are looking for personal information like SSN's and bank or credit card numbers.

- Pretending to be from the tax preparation industry: The emails look like official communication from the IRS or other tax related business. They ask about a wide range of information which could be related to refunds, filing status, personal information, ordering transcripts and verifying PIN information.



Signs of identity theft. You may be a victim of identity theft if the following happens:

- Your attempt to file your return electronically is rejected because a return has been filed for your SSN. Check to make sure you did not transpose any numbers on your return and make sure none of your adult dependents did a return and claimed themselves. If you still can't successfully e-file, you may be a victim of identity theft. Complete Form 14039, Identity Theft Affidavit, attach it to the top of a paper tax return and mail to the IRS.

- You receive a letter from the IRS asking if you sent a tax return in your name and SSN. If you did not file the tax return, follow the instructions in the IRS letter immediately.

- You receive income information at tax time from an employer unknown to you.

- You receive a tax refund that you did not request. If this happens return it to the IRS after writ-

ing "VOID" in the endorsement section and include a note on why you are returning it. If it is a direct deposit refund that you did not request, ask the bank to return it to the IRS.

- You receive a tax transcript by mail that you did not request.

- You receive a reloadable, prepaid debit card in the mail that you did not request.

The IRS will never:

- Call to demand immediate payment using a specific payment method or initiate contact by email or text message. Generally, the IRS will first mail you a bill if you owe any taxes.

- Threaten to immediately bring in local police or other law-enforcement agencies to have you arrested for not paying.

- Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.

- Ask for credit or debit card numbers over the phone.

If you get a suspicious phone call from someone claiming to be from the IRS and asking for money do not give out any information and hang up immediately. Contact the Treasury Inspector General or report it on the IRS Impersonation Scam Reporting web page or call 800-366-4484. Report it to the Federal Trade Commission via the FTC Complaint Assistant on www.FTC.gov and use "IRS Telephone Scam" in the notes. If you think you might owe taxes, call the IRS directly at 800-829-1040.

Report suspicious email including those regarding the Electronic Federal Tax Payment System (EFTPS) to phishing@irs.gov.

Marianne Kern is a CPA and owner and president of Kern & Associates CPA, P.A.



the island chapel

Sunday Service Times
8:00 am & 10:00 am

Children's Nursery Provided
Age 3 1/2 and under

Adult Sunday Bible Study
9:00 am

Children's Sunday School
10:00 am

"Members and non-members alike are welcome at our non-denominational worship services."

Dr. Mike Wetzel, Pastor

Wednesday Evening Services

Prayer Meeting & Bible Study
7:00 PM

Dr. Mike Wetzel, Pastor
Joshua Wolfenden
Director of Christian Education

Angela Wolfenden
Worship Music Director



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Tierra Verde, FL 33715
(behind the TD Bank Building)
www.theislandchapel.org
(727) 866-7362

ELECTION continued from front page

2. What do you intend to focus on if elected?

I will continue to listen to residents and small business owners about the vision and direction for their city. I will continue to push for controlled, environmentally friendly activities and opportunities for community events while valuing our prestige and history as a great fishing and family orientated community. I will continue to aggressively pursue funding. Our beaches deserve strong, strategic economic growth and our residents deserve multiple amenities and a heartwarming beach lifestyle.

3. Why should residents vote for you?

Six years ago I promised to do many things, and I've kept every promise. I have learned the complexities of our city, and sought realistic opportunities to make positive changes. I offer my superior work ethic, my passion, dedication, and most importantly, my integrity. I am confident in who I am, and what I can do for us. I will never tell you anything you want to hear to get your vote, but rest assured I will always listen, talk, and work with an open mind. That is my promise to you.

Commissioner District 3

(Vote for One)

Ingrid Ferro-Spilde

1. Tell readers about yourself.

Ingrid Ferro-Spilde, a devoted wife, mother of two beautiful children, a business-woman and actively seeking to be your commissioner for District 3. I have worked in clinical research for over 12 years. I am currently president and director of a research firm. I have seen the growth of Madeira Beach as I have been a resident of Pinellas beaches my entire life. I served on the planning and zoning board for Madeira Beach and recently was appointed commissioner of Madeira Beach, District 3.



2. What do you intend to focus on if elected?

As commissioner, my focus will be on storm water drainage, underground utilities and repaving our roads. In addition, keep a balanced budget, maintaining transparency with the residents and business owners while supporting controlled growth. I, Ingrid Ferro-Spilde will work to connect our residents through events, festivals and recreation as our city continues to evolve, without changing the attributes of our beach town.

3. Why should residents vote for you?

If elected, I would utilize my research experience, keeping an open mind, gathering information, and analyzing facts so we can do what's best for our city. I will listen to the residents, assist in solving challenges, while encouraging compromise. I truly believe in unity we all succeed. Your vote and support would be greatly appreciated. Please vote for me, Ingrid Ferro-Spilde commissioner, District 3.

Nancy T. Oakley

1. Tell readers about yourself.

Madeira Beach has been my home for 18 years. I have worked in finance and accounting and from 2007 to 2013 I served as Madeira Beach commissioner for District 3. I understand the budget and the experience challenged me to work hard and be the best representative I could be. Sadly, my husband had a terminal illness and I was forced to give up my seat. I am a member of VFW Post 4256 and have volunteered hundreds of hours



servicing vets and their families.

2. What do you intend to focus on if elected?

A budget review committee would be a valuable tool. Five elected officials and a manager should not decide arbitrarily where tax dollars are spent. I would like to see a fair bid process for awarding city contracts that is open to residents. I will focus on a balanced budget, controlled spending and fair treatment for residents. I would like to see a special forum set up so residents can voice their concerns with plenty of time to speak. Residents love the quaintness of their town and they understand that draws visitors and traffic can get uncomfortable, but we don't want it to get unbearable.

3. Why should residents vote for you?

I want to work for the residents. I have the time, the drive and the experience. With the creation of a budget review committee, a charter review committee and a forum to speak, we can make this a pleasant place to live again. The input from my neighbors is priceless to me. I have the experience to represent you!

Commissioner District 4

(Vote for One)

John E. Douthirt

1. Tell readers about yourself.

I am John E. Douthirt and pleased to announce that I am running for city commissioner of District 4 of Madeira Beach. I have been a resident of Madeira Beach for more than four years. I hold a BS in business and a BS in accounting, I am a retired command sergeant major from the US Army. I volunteer at the VFW as the quartermaster preparing all financial statements. I also volunteer for the Disabled American Veterans as a department service officer helping veterans apply for the benefits they deserve. I have been the president of my condominium owners association. I am married to Linda Hayden and have two children Andrea and Ian and three grandchildren.



2. What do you intend to focus on if elected?

My main focus will be on listening to the residents and getting the residents more involved. I also want to address fiscal responsibility. Madeira Beach faces substantial fiscal challenges due to the massive debt acquired by the city commission over the past few years. The voters should have a say in the development being proposed, this should go to a voter referendum. I am also running on transparency. The residents need to understand and have faith in their city commission.

3. Why should residents vote for you?

If the residents want to take back the city they love, then they need to not only vote for me but for all three, Maggi Black, Nancy T Oakley, and John Douthirt.

Housh Ghovae

1. Tell readers about yourself.

I am honored to be serving as the Madeira Beach vice mayor. I have lived in Pinellas County for 38 years and Madeira Beach for 13. I have dedicated 30 years of my life to public service in the region serving on 20 boards and supporting government leadership from the city to the state level. I am the CEO and founder of Northside Engineering and have worked in civil engineering for 37 years. We have designed and permitted over 5,000 projects including five in



Madeira Beach. I have presented projects at many public hearings and have obtained the trust of the members of the boards. I have gained the experience, leadership and the knowledge needed to be the most effective candidate for the residents of District 4.

2. What do you intend to focus on if elected?

Unite Madeira Beach through workshops and public input; arrange monthly meetings; street and median beautification; extend a trail from Archibald Park to War Veteran's Memorial Park for public use; reduce the speed limit on 150th Avenue to 30 mph; fix medians on 150th Avenue; provide new signage by FDOT, most signs are old and discolored, and add welcome signs at entrance to the city.

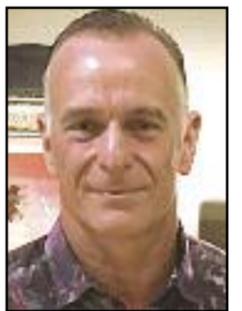
3. Why should residents vote you?

I'm most qualified because of my history and 30 years of public service on boards in Pinellas County. I know most elected official in 24 cities and Pinellas County. I know all levitators. As a civil engineer, I'm familiar with zoning, land use, traffic, drainage, surface water and flooding, ADA compliance and FEMA regulations.

David Allen Hitterman

1. Tell readers about yourself.

Hello, my name is David Hitterman owner of the Frog Ponds Restaurants and I have been a resident here in Pinellas county since 1979.



2. What do you intend to focus on if elected?

I live in the middle of the new construction and would love to see the entrance to our island become the jewel of the beach. Both developers have gone way out of there way to satisfy the residents of Madeira Beach. The impact fees and the tourist development taxes are substantial for the growth and development of our areas. The jobs that these projects will bring, will bring money into the community as well and the maintenance and the jobs needed to fill the positions and make Madeira Beach a vacation destination. People would like nothing more than to walk out their door and have many places to choose from like eateries and shops. I also would like to be the eyes and ears of the people to make sure that we can be proud for what Madeira stands for and get rid of the fishing village image. Vote March 14th. Thanks David Hitterman commissioner District 4.

3. Why should residents vote for you?

I am very much into the heart of development and would like to be the eyes and ears of the community. Being a business owner I am very aware of development and the monetary value it brings into the community.

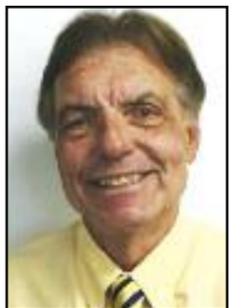
City of Treasure Island Commissioner District 1

(Vote for One)

Phil Collins

1. Tell readers about yourself.

I am currently the vice mayor of Treasure Island, and a 35 year resident of the Isle of Capri. I have served on the board of commissioners for the past 14 consecutive years, while serving five terms as vice mayor of Treasure Island. I served as the delegate, and or alternate, of the Barrier Island Conference (Big-C) for five years, and previously served on the Treasure Island Planning and Zoning Board for two years. Also I am endorsed by



the Police Benevolent Association (PBA) for 2017. I served four years and am honorably discharged veteran of the US Army Security Agency (military branch of NSA) in 1971 serving as a cryptologist. I am a weekly volunteer at Bay Pines VA Hospital, a graduate of Eckerd College, and retired business owner of 35 years.

2. What do you intend to focus on if elected?

Once re-elected I will continue to support the voters' will on important issues such as height and density, and ensure they remain at the sole decision of the TI residents through referendum. I want to establish term limits for our elected officials. I will also concentrate on funding alternatives for Treasure Island's Causeway Bridge.

3. Why should residents vote for you?

I will continue my ethic of responding to all residents inquiries within 24 hours, and my commitment to serve all of Treasure Island's residents with continued integrity and service.

Deborah (Deb) Lynn Toth

1. Tell readers about yourself.

I have lived in Treasure Island for over 35 years—I love this city's character and special small town ambience. I am an RN at Bay Pines VHA. I have worked on various issue-based campaigns, including the three "Stop Tall Buildings" campaigns. I have served on the boards of Key Capri Condominiums and Treasure Island Charities.



2. What do you intend to focus on if elected?

We need a change in how our city is run and how it pursues goals that benefit residents, small businesses, and tourists. We need to think "outside the box" to create revenue streams to avoid a toll on the bridge. Residents should not bear the brunt of the increased tax burden. I will pursue all angles to find the funding. We also need to focus on our infrastructure and storm/sewage systems and protect our precious marine habitat for future generations.

3. Why should residents vote for you?

I will promote sensible redevelopment that ben-

efits all without disrupting our way of life, the ambiance or sense of community. I will promote our local businesses and the mom and pop hotel operators. I feel that a sense of inclusiveness is missing from our current commission. I will strive for an open-door policy and to unite our residents to promote a cohesive plan that involves our local businesses, hoteliers, visitors, and residents. I will push for a plan that ensures a vibrant future so our retirees, veterans, families, and tourists can thrive while protecting our natural environment that sustains our way of life.

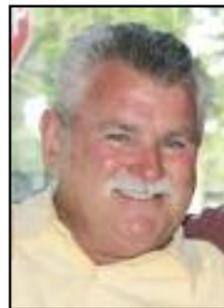
Commissioner District 3

(Vote for One)

Patrick "Pat" Jeffares

1. Tell readers about yourself.

I am Patrick "Pat" Jeffares, a T.I. resident homeowner for 30 years. I am 65, and have been married to my wife Donna for 33 years. We have two children: John, 29 and Chelsea, 25. We chose Treasure Island to raise a family because of the safe, friendly environment. I have been a liability claims representative for Geico Insurance Company for 26 years. My community service started with the Treasure Island Volunteer Fire Department and C.E.R.T. Team. I have been a member for 28 years, currently as a trustee and three time past president. I also volunteer for Southeastern Guide Dogs. I have volunteered with the Southwest Little League as a coach and safety officer.



2. What do you intend to focus on if elected?

My focus is on the biggest issues facing us. How will we be able to pay for the current and future maintenance of the causeway and drawbridge? Our expenses are estimated at an average of \$750,000 per year, and the present budget cannot support these ever increasing costs. I support a "user-fee" approach rather than take a necessary tax increase. Secondly, we must find the best economical and efficient way to use, reconfigure, or rebuild the

city's aging, deteriorating buildings. We currently have a contract to explore options on replacement. I will evaluate their findings and will work with the commission to accomplish these goals.

3. Why should residents vote for you?

My strong sense of community involvement, along with my litigation experience, has proven me to be an effective voice of the residents worthy of your vote on March 14th.

Ralph D. Kennedy

1. Tell readers about yourself.

I am a native Floridian and resident of Paradise Island for 10 years. I can't think of a better place to live; we are blessed with the best sand and sun. My wife Lori and I always look forward to Friday; it's almost Island time. I was an NCAA student athlete drafted by the Milwaukee Brewers and received a BA degree in marketing and business administration from St. Leo University. I have served in many leadership roles in the utility industry for over 30 years including a former executive role with Progress Energy. I am an avid runner and enjoy tennis at Treasure Bay. It would be an honor to be your commissioner.



2. What do you intend to focus on if elected?

The immediate issues of reinstating a bridge toll and handing over the East causeway to the City of St. Petersburg. I want to keep taxes low and I don't want business owners hurt by tolls. I would also like to explore a state funded bridge solution. I believe it is important to work with our police chief, listen to residents and business owners and focus on issues that ensure our island is treated as a treasure.

3. Why should residents vote for you?

I view this commission appointment as an opportunity to make a positive difference. Residents should vote for and deserve an individual who will represent them with a trusted voice. I have the professional experience to question status quo and look at different ways to manage the city's issues. Let's work together in the spirit of the community's best long-term interest.

www.TheIslandReporter.com

ISLAND TOONS

By Bruce W. Norris



The Island Reporter Puzzle Page

The Crossword

by Margie E. Burke

ACROSS

- 1 Military award
- 5 Mink's cousin
- 10 Warbled
- 14 Garden wedding feature
- 15 Come about
- 16 Symphony member
- 17 "Good one!"
- 18 Printing process
- 20 Without a hitch
- 22 Snapper
- 23 Established
- 24 Cassette contents
- 25 Kitchen space
- 27 Barracks bunk
- 28 Aerial maneuver
- 32 Church part
- 33 Bustles
- 35 Nod, maybe
- 36 Clinton's domain, once
- 39 Till bill
- 40 A bit lit
- 41 Flinch, say
- 42 Cultural doings
- 44 "Get the picture?"
- 45 Kind of bean
- 46 Deal (out)
- 48 Like some liberties
- 49 One-dimensional
- 52 Grammatical slip
- 55 Cheap additive
- 57 ___ meridiem
- 58 Gangster's gal
- 59 Burn
- 60 Santa's reindeer, e.g.
- 61 Wartime partner

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17				18					19			
20				21				22				
23							24					
25	26					27			28	29	30	31
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49	50	51				52					53	54
55						56			57			
58						59			60			
61						62			63			

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- 62 Primitive fishing tool
- 63 Conclusion starter

DOWN

- 1 Lacking
- 2 Deck
- 3 2016 Affleck title role
- 4 Current regulator
- 5 Walk nonchalantly
- 6 Voice lesson topic
- 7 Overly smooth
- 8 "Don't ___!"
- 9 Will-maker

- 10 Reddish brown
- 11 Look out for, say
- 12 Yuletide song
- 13 Heredity carrier
- 19 Stanley, for one
- 21 Tank top
- 24 NBC morning show
- 25 Ziti, e.g.
- 26 Adjust
- 27 Thicket
- 29 Seagoing vessel
- 30 Postal scale unit
- 31 Minor
- 33 Home of the brave

- 34 Endeavor
- 37 Type of call
- 38 Treat with drugs
- 43 Rotten
- 45 Off-___ (awry)
- 47 Bother, with "at"
- 48 Line dance
- 49 Dalai ___
- 50 "Rebel Yell" rocker
- 51 Partner of void
- 52 Balanced
- 53 Alone
- 54 Kind of pad
- 56 Swindle, slangily

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

			1			9		
	2			6	9	4		
4							7	5
			8					
							4	
9	6				2		5	
2	7				8			
1			4					8
5				7				1

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DIFFICULTY: ★☆☆☆☆

Trivia

United States Geography

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1. What is the largest town in the U.S. by area?
(a) Yakutat, Alaska
(b) Dallas, Texas
(c) Portland, Oregon
2. If you were to go to Crater Lake what state would you be in?
(a) Utah (b) Michigan
(c) Oregon
3. What is the southernmost city in the continental U.S.?
(a) Galveston, (b) Key West
(c) San Diego
4. In which state does the Mississippi River begin?
(a) Missouri (b) Mississippi
(c) Minnesota
5. The oldest permanent European settlement in the U.S. is in what state? (a) Florida
(b) Virginia (c) Massachusetts
6. In which state is Hell's Canyon located? (a) Idaho
(b) Wyoming (c) Montana
7. In which state is the geographic center of the 48 contiguous U.S. states located?
(a) Nebraska (b) Kansas
(c) South Dakota
8. How many states have their lowest point below sea level?
(a) 5 (b) 1 (c) 2
9. What is the largest lake in the U.S. that is entirely within one state? (a) Lake Okechobee (b) Great Salt Lake
(c) Lake Michigan
10. What is the third largest state by square miles?
(a) California (b) Montana
(c) Arizona

Puzzlers can find the answers to all these brain teasers at www.TheIslandReporter.com under "Puzzles"

Word Search

Flea Market Finds

- | | |
|-----------|----------|
| BOOKS | BUTTONS |
| CAMERAS | CERAMICS |
| CHINA | CLOTHES |
| COINS | CUTLERY |
| DVDS | FABRICS |
| GAMES | GEMS |
| GLASSWARE | LACE |
| LEATHER | MACRAME |
| MEDALS | PEWTER |
| POTS | RECORDS |
| RUGS | SHELLS |
| STAMPS | STATUES |
| TOOLS | VIDEOS |
| YARN | |

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 E J V M K N G N A R N G S G B Q H
 R E T T U B Z D I G U V E F B T P
 O N K F L U D B C N P E R Y O L A
 U T O X O I T I U Z G K D O A H E
 M Q G S T O E N L Z V H B R O O D
 C L J I S O L E A P Z L Q E I R G
 H E O W Q E T I S I D A K A H T R
 E N X Y K T L T S C L H R N J K D
 E N V R E L U T U H E L A D H E M
 S V W R O C E F F E C T I P E S S
 E S O O G L L M X S S V K R P P F
 W V K E L T T I L S T W B V B Y U

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ANSWERS ON PAGE 9

Local Events, Activities & Announcements

Gulfport

Mar. 3 & 18: Gulfport Art-Walk, 6 - 10 p.m. Beach Blvd. S., Waterfront District.

Mar. 4: Gulfport's 12th Annual Pink Flamingo Trolley Tour of Homes, 11 a.m. - 5 p.m. Discover the Garden District in Gulfport. Tickets: \$20 in advance, \$25 day of. Info at www.pinkflamingohometour.com.

Mar. 18: Nautical Flee Market and City-Wide Garage Sale, 7 a.m. - 2 p.m. flee market along Miriam St. S. (by Clam Bayou), 8 a.m - 4 p.m. garage sale.

Mar. 18: Gulfport Health & Wellness Expo, 10 a.m. - 2 p.m. Health screenings, demonstrations, and healthy food choices. Gulfport Casino, 5500 Shore Blvd. S. Info at 727-893-1244.

Mar. 20: Memory Café Meeting, 11:15 a.m. - 12:30 p.m. Free monthly meeting promoting quality of life and raising dementia awareness. Neptune Grill, 5501 Shore Blvd. RSVP 727-327-0167 or 813-384-7571.

Gulfport Public Library: Go to events at www.mygulfport.us/gpl for library events or visit at 5501 28th Ave S.

Each Week

Gulfport Fresh Market: Tuesday, 9 a.m. - 3 p.m. 3007 Beach Blvd. Info at 727-278-4285. Jan. 10 is Clothing Swap to Benefit CASA.

Gulfport Toastmasters: Wednesdays, 6:15 - 7:30 p.m. Community Room, Gulfport Public Library. 5501 28th Ave. S. Info at 727-537-9098, info@gulfporttoastmasters.com or www.gulfport-toastmasters.com.

SoTangerine Market: Saturday 8 a.m. - 2 p.m. Tangerine Greenway, 5022 Tangerine Ave. Info at 727-439-0164.

Throughout the Month

Gulfport Casino: Dance Lessons. \$5 for members, \$8 for non-members. Gulfport Casino: 5500 Shore Blvd. S. Info at www.mygulfport.us.

Senior Center Events: Calendar available at www.gulfportseniorfoundation.org or 727-893-1231.

Madeira Beach

Mar. 13: ROC Park Kite Day, 11 a.m. - 2 p.m. In memory of Juanita Alloca. Free kites and sunglasses for the first 800 kids. Activities and appearances by first responders and other city agencies plus free ice cream by 99.5 QYK. Recreation Complex, 300 Municipal Dr. Info at www.mad-beachfun.com.

Mar. 16 - 19: Gulf Beaches Rotary Spring Break Festival, Thur. 3 - 11 p.m., Fri. & Sat. noon - 11 p.m., Sun. noon - 9 p.m. Carnival rides, mid-way games, food/drink vendors and live music. MB Recreation Complex & ROC Park, 300 Municipal Dr. Info at www.madbeachfun.com.

Each Week:

Wednesdays: Madeira Beach Morning Market, 10 a.m. - 3 p.m. Open air market in downtown Madeira Beach. Info at www.thebeachmarkets.com.

S. Pasadena

Mar. 25: Pasadena Golf Club Estates Community Garage Sale, 8 a.m - 2 p.m. (Rain Day 3/26). Follow the signs from Gulfport Blvd onto Robin Road or Royal Palm.

Mar. 31 - Apr. 2: 30th Annual Artspring Exhibition, 10 a.m. - 3 p.m. Free art show featuring innovative and traditional artwork by over 100 local artists. City Hall, 7047 Sunset Dr. S. Info at www.mysouthpasadena.com.

St. Pete Beach

Mar. 18: Upham Beach Clean Up, 9 - 11 a.m. Semi-Annual clean-up. Meet at Upham Beach Concession Stand.

Mar. 21: Agatha Christie at PAG, 2 p.m. Critically acclaimed performer Nan Colton, with the Museum of Fine Arts, portrays the best-selling novelist. Light refreshments, tickets are \$5 at the door or church office. PAG Beach Church, 107 16th Ave. Info at www.pagchurch.org.

Apr. 8: Mark Your Calendar-Oral Cancer Foundation's Walk/Run For Awareness, 6 a.m. registration, 8 a.m. race. Hosted by St. Petersburg College dental hygiene students and OCF. Entertainment, raffles, food and awards. Rain or shine. Hurley Park, 1500 Pass-A-Grille Way. Info at www.oralcancer.org.

Each Week

Corey Avenue Sunday Market, 10 a.m. - 2 p.m. Open air market. Live music. Info at www.TampaBayMarkets.com.

St. Pete Beach Public Library. Check the library section of www.stpetebeach.org for the latest events.

All Month

Play Shuffleboard, Games are Tues, Thurs & Sat., 10 a.m. to noon. No experience necessary. PAG Shuffleboard Club @ 10th Ave. Info at 727-360-1858 or 727-367-6937.

St. Petersburg

Mar. 11: Second Saturday Art Walk, 5 - 9 p.m. Take in the St. Pete arts scene after hours. Info at www.stpeteartalliance.org.

Mar 11 & 12: Green Frog Moon Music Festival, 10 a.m. - 5 p.m. Enjoy folk, rock, celtic, and drums. Arts and crafts, food vendors and silent auction. \$5 donation. Free parking. Sacred Lands, 1620 Park Street N., Info at 727-744-9978.

Mar. 15: A Magical World of Cards, 11:30 a.m. - 2:30 p.m. Fundraiser for St Anthony's Hospital Auxiliary. \$20 per person includes lunch, beverages, desserts and special treats. Prizes for winners. For info call 727-542-1454 or 727-545-2409.

Mar 17: Military Officers Association of St. Pete, 11 a.m. Social hour, lunch and program. Retired, active duty and former military, NOAA and Public Health Service officers and spouses invited. RSVP required. Call 727-360-2936. Pasadena Yacht & Country Club, 6300 Pasadena Point Blvd S. Gulfport.

Apr. 7: Mark Your Calendar -A Good Night's Sleep Dessert Luncheon, 11:30 a.m. - 1 p.m. Commemorate the 40th anniversary of CASA and raise money to help them cover program and service expenses. Tickets, sponsorships and info at www.casa-stpete.org.

Each Week

Mondays: Toastmasters, 6:15 p.m. PARC, 3190 Tyrone Blvd. N. Info at: 727-422-8856.

Saturdays: St. Petersburg Saturday Morning Market, 9 a.m. - 2 p.m. Open air market at Al Lang Field parking lot, First Avenue S. and 1st Street. Info at www.saturdaymorningmarket.com.

Tierra Verde

Mar 18: Great American Cleanup, 9 a.m. - noon. Join Tampa Bay Watch and Keep Pinellas Beautiful to clean up the community. Local areas include: Fort De Soto Park, TBW, Sunshine Skyway Fishing Piers, Weedon Island Preserve and Coffee Pot Bayoute (kayakers only) Register at www.tampabaywatch.org.

Apr. 15: Mark Your Calendar 6th Annual Tierra Verde Car Show, 11 a.m. - 3 p.m. Up to 150 classic vehicles plus music, food from local restaurants and activities for kids. Benefits Eckerd College Search & Rescue. Info at www.tierraverde-businesspartnership.com

Treasure Island

Mar. 4: 18th Annual Rotary Tennis and Golf Challenge, 9 a.m. men's and women's Doubles Round Robin all levels and abilities. 9:30 a.m. golf scramble for men and women. Shotgun start. Benefits T.I. Recreation Department children's programs. Info at 727-547-4575, ext 237.

Mar. 8: Concert: "A Touch of Classical," 7:30 p.m. The South Pasadena Community Band will feature several "classical" arrangements along with lively marches. Free at the Treasure Island Community Center, 1 Park Place & 106th Ave. Info at www.southpasadenaband.com.

Apr. 1: Mark Your Calendars: Annual Spring Salute Car & Truck Show & Benefit, 8 a.m. - 5:30 p.m. Cars, silent auction, 50/50 raffles, live music, food & beer. Free and benefits charity. Info at www.islandneighborchamber.org under events.

Each Week

Thursday Bingo, 6:45 p.m. Early bird, 7:45 p.m. Regular. Cash prizes. Snack bar & free coffee. Hosted by the Treasure Islettes. Treasure Island Community Center 1 Park Place and 106th Avenue.

Seminars and Classes

U.S. Coast Guard Auxiliary Flotilla 78 Safe Boating Classes, 7 p.m., each Tuesday. A 13 week continuous cycle of classes; start at your convenience; includes 400 pages of materials. Arrive the first time at 6:30 p.m. to register. \$40 for 13 weeks (\$55 for couples sharing a manual) . Call Jim at 727-360-4846, Warren at 727-321-7801, or Phil at 865-2226. 1500 Pass-a-Grille Way, St. Pete Beach.

Mar. 7: Equipment for Your Boat, Mar. 14: No Class, Mar. 21: Waterway Watch/Trailering Your Boat, Mar. 28: Handling Your Boat

St. Pete Sail and Power Squadron Seminars, Students must be 12 or older and pre-registration is required. Maximum of 20 students per class. Classes are held at the St Petersburg Sailing Center, 250 2nd Ave SE, Demens Landing. Class details and registration at www.boating-st.pete.org under Seminars.

Mar. 15: Using GPS, Learn about GPS, way-point navigation and how to relate GPS to charts. Bring your handheld if you have one. Materials \$25 per family.

Mar. 27: America's Boating Course. Seven week course. Graduates qualify for a Florida Boating Safety Education ID Card and may qualify for insurance discounts. Materials \$45 per family.

Mar. 25: Strategies of Success - Go for the Win-Win, 9 a.m. - noon. Hosted by the Business and Professional Women (BPW) of St Petersburg-Pinellas at Johns Hopkins All Children's Hospital Education & Conference Center, 701 4th St. S., St. Petersburg. Registration at 8:30 a.m.; \$20 for BPW members, \$25 for guests. Register at www.bpwestpetepinellas.org.

All Month:

St. Pete Beach Recreation Center Classes, Classes in art, dance, self defense for women and a variety of other topics throughout the month. Classes for kids too. Go to www.spbrec.com for a complete listing or call 727-363-9245.

Treasure Island Art Guild Workshops, Info at treasureislandartguild.org.

Each Month

Suncoast Hospice Caregiver Education and Support, Gain new skills, self-confidence and emotional support with Suncoast Hospice's caregiver programs. Info at www.suncoasthospice.org/caregivers

Golf Tournaments

Apr. 21 & 21: PARC's 43rd Annual Golf Tournament, Friday Night "Viva Las Vegas" themed party at NOVA 535, 535 Dr. Martin Luther King Jr. St. N., St. Petersburg. Live entertainment, casino tables, slot machines, food and limited open bar. \$100 per person. Saturday golf check-in at 11:30 a.m. 1 p.m shotgun start. Games, contests, food and libations on the course, followed by awards dinner. Bayou Club, 7979 Bayou Club Blvd. Largo. Info at www.parc-fl.org.

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The Island Reporter Picture Page

Beaches Chamber Recognizes Businesses

The Tampa Bay Beaches Chamber of Commerce shook up their annual business awards for 2016 with some very interesting categories. Winners were recognized at the Annual Dinner held at The Tradewinds and include: Awesome Office Tradition: Caputo Creative's 'Beer Friday'; Biggest Community Impact: Tradewinds Island Resorts; Stellar Staff Person: Brenna Hamilton at Plaza Beach Resort, Best Office Canine: Otie at Duel & Associates, and Top Team Building Event: The Sirata Beach Resort & Conference Center. The dinner was preceded by a business expo.

Photos by Bob Schlesinger, Tropical Focus Photography.



PARC Gets a Playground

PARC, a non-profit which provides opportunities for children and adults with developmental disabilities to exercise their independence and experience life to the fullest, celebrated the opening of their new playground with a ribbon cutting in February.

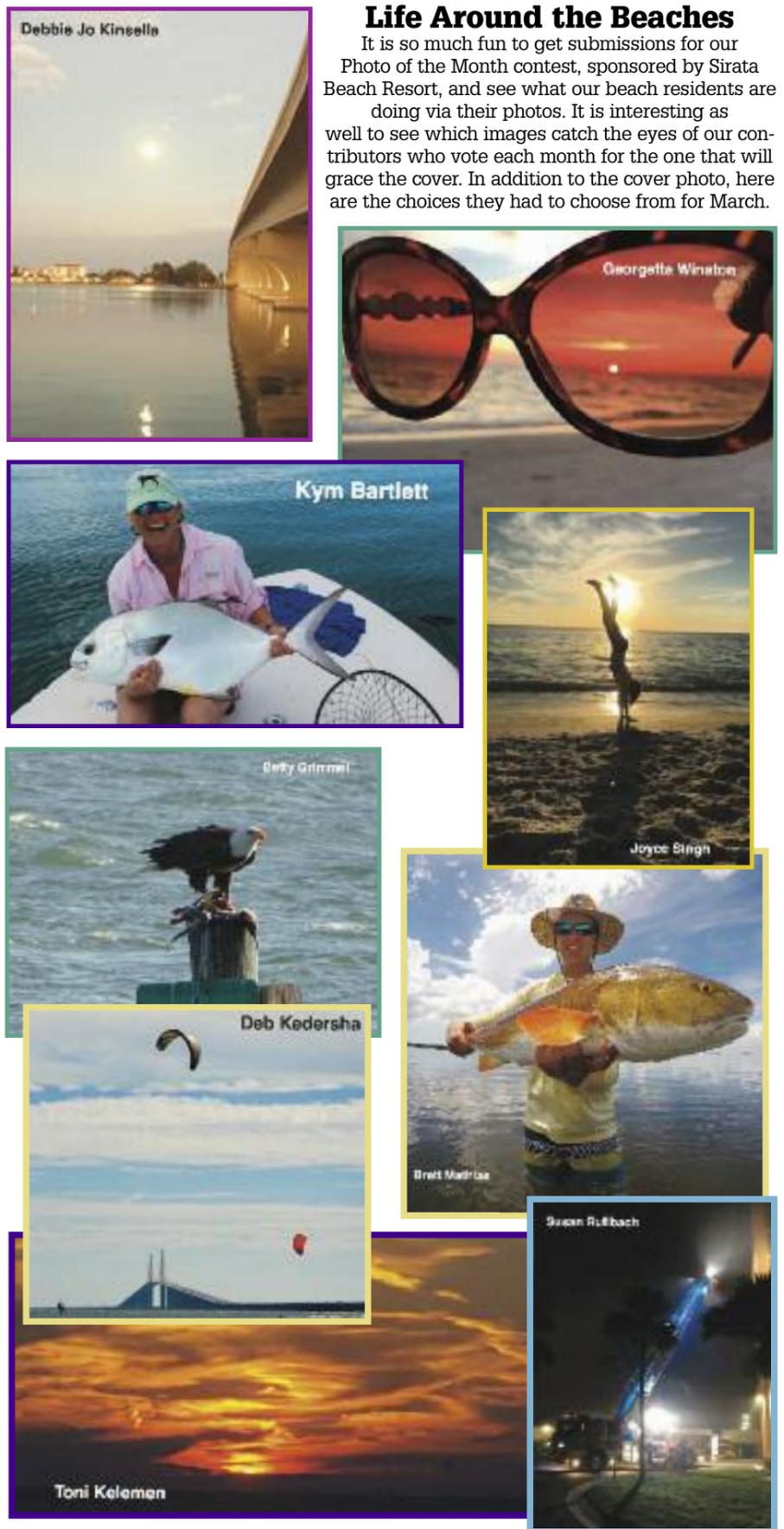
They used the occasion to thank the donors that made this playground possible including: Dr. Douglas and Lauren Carlan, The James M. Cox Foundation, Juvenile Welfare Board, LARC/Parents, Guardians & Friends of PARC, Joe and Jennifer Minutolo, MAXIMUS Foundation, Pinellas Community Foundation, Publix Super Markets Charities, and The White Family Foundation.

Photos courtesy of PARC.



Life Around the Beaches

It is so much fun to get submissions for our Photo of the Month contest, sponsored by Sirata Beach Resort, and see what our beach residents are doing via their photos. It is interesting as well to see which images catch the eyes of our contributors who vote each month for the one that will grace the cover. In addition to the cover photo, here are the choices they had to choose from for March.



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